



## 2022 Summer Sports Camps

Coe-Brown offers a variety of summer camps that provide an instructional program in a safe and fun environment. All of our athletic programs are built on respect, sportsmanship, dedication and fun. We're excited to announce our 2022 summer sport camp series. Enrollment is limited; please register by June 20<sup>th</sup>. If registering after June 20<sup>th</sup>, please contact Coe-Brown at 942-5531 to check camp availability. Registrations will be processed on a first-come, first-served basis.

### **Basketball (girls)**

**June 27-July 1 / Grades 4-9**

Enjoy fun in a combination with learning experiences and hard work. Develop self-confidence, self-esteem and good interaction among peers. Increase physical and mental competence in the techniques of basketball. Acquire sound and lasting values through hands-on experience.

### **Basketball (boys)**

**July 11-13 / Grades 6-10**

**July 14-16 / Grades 1-5**

Coaches will be assisting players in improving their individual skills and gain a better understanding of the game of basketball. High school coaches will be present daily with special speakers from the college players and coaches rank. There will be individual drill stations available each day to introduce and reinforce special skills.

### **Cross Country (coed)**

**July 17-22 / CBNA students grades 9-12**

This camp is a six-day, five-night stay in the heart of Acadia National Park in Maine. The camp is designed for new and experienced runners. All runs take place on historic carriage roads and trails located in the park. The camp provides a 4:1 camper to staff ratio to fully support all activities and runs. We will be camping at Smugglers Den Campground located in the Southwest Harbor. Trips to Bar Harbor, Sands Beach, and Franklin Farm are just some of the activities planned. This camp is a great way to test your limits while making new friends.

### **Volleyball (girls)**

**July 18-19 / Grades 4-6**

**July 20-22 Grades 7-9**

Camp will focus on the basic skills of volleyball, including passing, setting, serving, hitting, blocking, and learning offensive systems of competition. Instruction will offer a variety of games designed to let the campers show off their individual skills. Camp runs Monday to Friday and features Coe-Brown volleyball players and coaches serving as counselors and directors.

### **Lacrosse (girls)**

**July 25-29 / Grades 4-12**

Players will learn basic fundamentals of lacrosse including passing, catching and shooting. Defensive skills will be emphasized. Drills and scrimmages will develop both offensive and defensive team strategies culminating as the camp progresses. Girls must have: lacrosse stick, goggles and mouth guard.

### **Soccer (coed)**

**Aug 1-5 / Grades 4-12**

This youth camp will develop self-confidence, self-esteem with an emphasis on cooperation and team-first mentality, while increasing fitness and skills with a fun week of games, drills and instruction. The high school camp will focus on fitness, game awareness and skill building while allowing for a great opportunity to get ready for the upcoming soccer season. In addition, emphasis on increasing physical and mental competence in the techniques and tactics of high school soccer are addressed.

### **Cross Country (coed)**

**Aug. 8-12 / Grades 5-8**

This youth cross country camp will help develop young runners to be their best version of themselves on the trails and off the trails. It will give the student-athletes a sneak peek into the weekly training of the CBNA Black Bears. Campers will learn healthy habits, stretching routines, and strength exercises to help them prepare for the cross country season in the fall. Campers will also be able to run with high school coaches each day and compete in a 2-mile trail race at the end of the week on CBNA's home course!

Please print this page and resubmit with payment to Coe-Brown. Copies may also be picked up in the Main Office.



CAMP	DATE	TIME	AGE GROUP	COST	CAMP BALL Add \$15.00	TOTAL
Girls' Basketball	June 27-July 1	8:00 – 12:00	Grades 4-9	\$90.00		
Boys' Basketball	July 11-13	8:15 – 3:30	Grades 6-10	\$90.00		
Boys' Basketball	July 14-16	8:15 – 12:00	Grades 1-5	\$75.00		
Cross Country	July 17-22	Overnight- departs 9am	CBNA Students- Grades 9-12	\$280.00	N/A	
Girls' Volleyball	July 18-19	8:00 – 12:00	Grades 4-6	\$65.00		
Girls' Volleyball	July 20-22	8:00 – 12:00	Grades 7-9	\$75.00		
Girls' Lacrosse	July 25-29	8:00 – 12:00	Grades 4-8	\$90.00	N/A	
Girls' Lacrosse	July 25-29	1:00 – 5:00	Grades 9-12	\$90.00	N/A	
Coed Soccer	Aug 1-5	8:00 – 12:00	Grades 4-8	\$90.00		
Coed Soccer	Aug 1-5	1:00 – 5:00	Grades 9-12	\$90.00		
Cross Country	Aug 8-12	8:00 – 12:00	Grades 5-8	\$90.00	N/A	
					Total	

Coe-Brown welcomes the participation of all students, subject to availability. Please direct any questions regarding the summer camps, including inquiries regarding the participation of students with disabilities, to Sam Struthers, Athletic Director. ([sstruthers@coebrown.org](mailto:sstruthers@coebrown.org)).

Camper's Full Name: \_\_\_\_\_ Date of Birth: \_\_\_\_\_ Grade: \_\_\_\_\_

Mailing Address: \_\_\_\_\_

Primary Phone: \_\_\_\_\_ Primary Email: \_\_\_\_\_

T-Shirt Size: Please circle one      Youth:    S   M   L   XL      Adult:    S   M   L   XL

Medical Conditions: \_\_\_\_\_

**Emergency Contact 1 Name:** \_\_\_\_\_

Relationship: \_\_\_\_\_ Primary Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

**Emergency Contact 2 Name:** \_\_\_\_\_

Relationship: \_\_\_\_\_ Primary Phone: \_\_\_\_\_ Alternate Phone: \_\_\_\_\_

Coe-Brown Northwood Academy Summer Camps will safeguard the health of the participants, but will not be responsible for any accidents or sickness. I hereby request that my child named above be admitted to the Coe-Brown Summer Camps and I authorize the directors to act for me in any emergency requiring medical attention. I assume responsibility for payment of any such attention.

Parent/Guardian Signature: \_\_\_\_\_ Date: \_\_\_\_\_

Please make checks payable to **CBNA** and mail registration to:  
Coe-Brown Northwood Academy, ATTN: Samantha Douglas, 907 First NH Turnpike, Northwood, NH 03261.